

SCHOOL LUNCH PATTERN

Enhanced Food Based Menu Planning

Meal Component	Minimum Quantities Required				Option
	Ages 1-2	Preschool	Grades K-6	Grades 7-12	Grades K-3
MEAT/MEAT ALTERNATE (quantity of edible portion as served)					
° Lean meat, poultry or fish	1 oz.	1 ½ oz.	2 oz	2 oz.	1 ½ oz.
° Cheese	1 oz.	1 ½ oz.	2 oz	2 oz.	1 ½ oz.
° Cottage cheese	¼ cup	1/3 cup	½ cup	½ cup	1/3 cup
° Yogurt (commercial)	½ cup	¾ cup	1 cup	1 cup	¾ cup
° Large egg	½ egg	¾ egg	1 egg	1 egg	¾ egg
° Cooked dry beans or peas	¼ cup	3/8 cup	½ cup	½ cup	3/8 cup
° Peanut butter or other nut or seed butters	2 Tbsp.	3 Tbsp.	4 Tbsp.	4 Tbsp.	3 Tbsp.
The following may be used to meet no more than 50% of the meat/meat alternate requirement and must be used in in combination with any of the above:					
° Peanuts, soy nuts, tree nuts or seeds, or an equivalent quantity of any combination of the above meat/meat alternate (1 oz. nuts/seeds = 1 oz. cooked lean meat, poultry, fish)	½ oz. = 50%	¾ oz. = 50%	1 oz. = 50%	1 oz. = 50%	¾ oz. = 50%
VEGETABLES/FRUITS (two or more menu items of fruit, vegetables, or both)					
Full-strength vegetable/fruit juice may not be used to meet more than one-half of the lunch vegetable/fruit requirement each day.	Total of ½ cup	Total of ½ cup	Total of ¾ cup plus additional ½ cup over a week	Total of 1 cup	Total of ¾ cup
GRAINS/BREADS (Must be enriched or whole grain)					
Refer to grains/bread guidance on the back of this page for information on what constitutes a serving of grains/breads.	5 servings per week—minimum of ½ serving per day	8 servings per week—minimum of 1 serving per day	12 servings per week—minimum of 1 serving per day	15 servings per week—minimum of 1 serving per day	10 servings per week—minimum of 1 serving per day
MILK (as a beverage)	6 fluid oz.	6 fluid oz.	8 fluid oz.	8 fluid oz.	8 fluid oz.

SCHOOL BREAKFAST PATTERN

Enhanced Food Based Menu Planning

Meal Component	Minimum Quantities Required			Optional
	Ages 1 - 2	Preschool	Grades K - 12	Grades 7 - 12
FLUID MILK (As a beverage, on cereal, or both)	4 fluid oz. (½ cup)	6 fluid oz. (¾ cup)	8 fluid oz. (1 cup)	8 fluid oz. (1 cup)
JUICE/FRUIT/VEGETABLE	2 fluid oz. (¼ cup)	4 fluid oz. (½ cup)	4 fluid oz. (½ cup)	4 fluid oz. (½ cup)
Select one serving from each of the following components OR Select two servings from one component.				
GRAINS/BREADS (must be enriched or whole grain)				
One of the following or an equivalent combination	(Refer to the Grains/Breads chart on back of this page for information on what constitutes a serving.)			
◦ Whole-grain or enriched bread	½ slice	½ slice	1 slice	Serve one additional serving of grains/breads daily
◦ Whole-grain or enriched biscuit, roll, muffin, etc.	½ serving	½ serving	1 serving	
◦ Whole-grain, enriched or fortified cereal	¼ cup or 1/3 ounce	1/3 cup or ½ ounce	¾ cup or 1 ounce (whichever is less)	
MEAT/MEAT ALTERNATE (quantity of edible portion as served)				
◦ Meat, poultry, or fish	½ ounce	½ ounce	1 ounce	1 ounce
◦ Cheese	½ ounce	½ ounce	1 ounce	1 ounce
◦ Cottage cheese	2 Tbsp.	3 Tbsp.	¼ cup	½ cup
◦ Yogurt (commercial)	¼ cup	1/3 cup	½ cup	½ cup
◦ Egg (large)	½ egg	½ egg	½ egg	½ egg
◦ Peanut butter or other nut or seed butters	1 Tbsp.	1 Tbsp.	2 Tbsp.	2 Tbsp.
◦ Cooked dry beans/peas	2 Tbsp.	2 Tbsp.	4 Tbsp.	4 Tbsp.
◦ Nuts and/or seeds (Note: No more than one ounce of nuts and/or seeds may be offered in any one meal.)	½ ounce	½ ounce	1 ounce	1 ounce

GRAINS/BREADS FOR THE FOOD-BASED MENU PLANNING ALTERNATIVES IN THE CHILD NUTRITION PROGRAMS ¹

Group A	Minimum Serving Size
Bread-type coating Bread sticks (hard) Chow mein noodles Crackers (saltines and snack crackers) CROUTONS Pretzels (hard) Stuffing (dry) Note: weights apply to bread in stuffing	1 serving = 20 gm or 0.7 oz. Three-quarter serving = 15 gm. or 0.5 oz One-half serving = 10 gm or 0.4 oz. One-quarter serving = 5 gm or 0.2 oz.
Group B	Minimum Serving Size
Bagels Batter-type coating Biscuits Breads (white, wheat, whole wheat, French, Italian) Buns (hamburger and hotdog) Crackers (graham crackers – all shapes, animal crackers) Egg roll skins English muffins Pita bread (white, wheat, whole wheat) Pizza crust Pretzels (soft) Rolls (white, wheat, whole wheat, potato) Tortillas (wheat or corn) Tortilla chips (wheat or corn) Taco shells	1 serving = 25 gm or .9 oz. Three-quarter serving = 19 gm. or 0.7 oz One-half serving = 13 gm or 0.5 oz. One-quarter serving = 6 gm or 0.2 oz.
Group C	Minimum Serving Size
Cookies ² (plain) Cornbread Corn muffins Croissants Pancakes Pie crust (dessert pies ² , fruit turnovers ³ , and meat/meat alternate pies) Waffles	1 serving = 31 gm or 1.1 oz. Three-quarter serving = 23 gm or 0.8 oz. One-half serving = 16 gm or 0.6 oz. One-quarter serving = 8 gm. or 0.3 oz.
Group D	Minimum Serving Size
Doughnuts (cake and yeast raised, unfrosted) Granola bars (plain) Muffins (all, except corn) Sweet roll (unfrosted) Toaster pastry (unfrosted)	1 serving = 50 gm or 1.8 oz. Three-quarter serving = 38 gm or 1.3 oz One-half serving = 25 gm or 0.9 oz. One-quarter serving = 13 gm or 0.5 oz.

Group E	Minimum Serving Size
Cookies ² (with nuts, raisins, chocolate pieces, and/or fruit purees) Doughnuts ³ (cake and yeast raised, frosted or glazed) French toast Grain fruit bars ³ Granola bars ³ (with nuts, raisins, chocolate pieces and/or fruit) Sweet rolls ³ (frosted) Toaster pastry (frosted)	1 serving = 63 gm or 2.2 oz. Three-quarter serving = 47 gm. or 1.7 oz One-half serving = 31 gm or 1.1 oz. One-quarter serving = 16 gm or 0.6 oz.
Group F	Minimum Serving Size
Cake ² (plain, unfrosted) Coffee cake ³	1 serving = 75 gm or 2.7 oz. Three-quarter serving = 56 gm. or 2 oz One-half serving = 38 gm or 1.3 oz. One-quarter serving = 19 gm or 0.7 oz.
Group G	Minimum Serving Size
Brownies ² (plain) Cake ² (all varieties, frosted)	1 serving = 115 gm or 4 oz. Three-quarter serving = 86 gm. or 3 oz One-half serving = 58 gm or 2 oz. One-quarter serving = 29 gm or 1 oz.
Group H	Minimum Serving Size
Barley Breakfast cereals (cooked) ⁴ Bulgur or cracked wheat Macaroni (all shapes) Noodles (all varieties) Pasta (all shapes) Ravioli (noodle only) Rice (enriched white or brown)	1 serving = ½ cup cooked (or 25 gm dry)
Group I	Minimum Serving Size
Ready-to-eat breakfast cereal (cold, dry) ⁴	1 serving = ¾ cup or 1 oz., whichever is less

¹ Some of these foods or their accompaniments may contain more sugar, salt, and/or fat than others. This should be a consideration when deciding how often to serve them.

² Allowed only for desserts under the enhanced food-based menu planning system (specified in CFR 210.10) and supplements (snacks) served under the NSLP, SFSP, and CACFP.

³ Allowed for desserts under the enhanced food-based menu planning system (specified in CFR 210.10) and supplements (snacks) served under the NSLP, SFSP and CACFP, and for breakfasts served under the SBP, SFSP and CACFP.

⁴ Refer to program regulations for the appropriate serving size for supplements served to children aged 1 through 5 in the NSLP; breakfasts served under the SBP; and meals served to children ages 1 through 5 and adult participants in the CACFP. Breakfast cereals are traditionally served as a breakfast menu item but may be served in meals other than breakfast.

